



COURSE SPECIFICATIONS



FORMAT

- In-house



DURATION

Training is given in one day (6 hours)

(The content and the duration of this session can be adapted for a personalized on-site training.)



TARGET AUDIENCE

All personnel wishing to develop their adaptability skills.



DELIVERY METHOD

Instructor-led, group-paced, classroom-delivery learning model with structured, hands-on activities. Participants' experiences are used as support to put new notions into action.

Highly personalized and interactive approach, the groups are limited to 15 participants.



LANGUAGE

Available in:

- French
- English



CERTIFICATION

Training Certificate

Emploi
Québec



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DESCRIPTION

This training provides the necessary concepts and tools to help participants better adapt and make the choice to go beyond their own comfort zone. It allows them to maintain a positive outlook, to work constructively under pressure, to manage stress, and be able to respond ingeniously to change and ambiguity.

OBJECTIVES

ALLOWING THE PARTICIPANT TO:

- Respond to change in a positive manner.
- Maintain emotional composure when faced with ambiguity and change.
- Modify thoughts, emotions, and behaviors in response to change
- Adjust to changing conditions and priorities.

COURSE CONTENT

ADAPTABILITY AND YOU

- What is adaptability?
- Why is adaptability important?
- Adaptability is not ...
- Assess your level of adaptability
- Adaptability = Flexibility and agility

FLEXIBILITY

- Trusting yourself in adversity
- Responding to change Positively
- Being open to new ideas
- Dealing with uncertain/unpredictable work situations
- Dealing with changing priorities and workloads
- Respect and consider the choices and needs of others

AGILITY

- Overcoming failures, barriers and limited resources
- Learning new tasks, technologies and procedures
- Solving problems creatively
- Dealing with changing priorities and workloads

ADAPTABILITY AND PERFORMANCE

- Interpersonal adaptability
- Cultural adaptability
- Physical adaptability

PERSONAL ACTION PLAN